

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. – 11. (Canceled).

12. (Currently amended) A user-actuated anterior shoulder stretching device ~~as claimed in claim 1,~~ including:

a pair of laterally extending swing-arms linked to pivot rearwardly in unison, each swing-arm being pivotably mounted at its proximal end and being adapted to receive a hand or wrist or forearm of a user at its distal end; and

a user-actuated mechanism for pivoting the swing-arms rearwardly in unison to thereby stretch the anterior shoulder of the user, wherein the user-actuated mechanism is leg-actuated,

wherein the device includes a seat and a backrest, and wherein the pair of laterally extending swing arms extend from adjacent the backrest and swing in a substantially horizontal plane which is spaced above the seat by a dimension substantially corresponding to the dimension between a user's hips and shoulders.

13. (Currently amended) A user-actuated anterior shoulder stretching device ~~as claimed in claim 5,~~ including:

a pair of laterally extending swing-arms linked to pivot rearwardly in unison, each

swing-arm being pivotably mounted at its proximal end and being adapted to receive a hand or wrist or forearm of a user at its distal end; and

a user-actuated mechanism for pivoting the swing-arms rearwardly in unison to thereby stretch the anterior shoulder of the user, wherein each swing arm includes an arm supporting assembly freely slidably mounted thereon for free sliding movement relative to the swing arm during use,

wherein the device includes a seat and a backrest, and wherein the pair of laterally extending swing arms extend from adjacent the backrest and swing in a substantially horizontal plane which is spaced above the seat by a dimension substantially corresponding to the dimension between a user's hips and shoulders.